



ALLOVEME **I AM** CHAT – 4/30/23  
“MIND, BODY & SOUL”  
RESOURCES

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## Mind & Body

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“I AM AMAZING!”

Complete the sentence in as many ways and words as possible. These affirmation and a positive I AM mindset will sustain us through life’s joys and its challenges.

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

I AM \_\_\_\_\_

*Remember to journal your thoughts and feelings.*

**We must be honest about who we are and what we do and align our actions with our values.**

My Values are (who I am):

My Priorities are (what I do – most often to least often):

Do my priorities align with my values? (Does my number one priority align with my number one value?)

**We must Recognize & Utilize Our Power!**

More questions for consideration: Do I know who I AM? What do I represent? What image do I put forth? How do others see me? Is this how I want to be seen?

*Also refer to our Self Image Resources for more information. [ALLOVEME-IMAGE-CHAT-RESOURCES.pdf](#)*

## I AM ME!!!

I may have messed up as a wife, and sometimes as a mother, a daughter or as a friend, because I don't always say or do the "right things". My mouth can be smart at times, I have secrets, I have scars because I have a history. Some people love me, some like me, and some people don't. I have done good in my life. I have done bad in my life. I go without makeup, or shaving my legs sometimes. I don't get dressed up half the time. I am random and I am silly. I will not pretend to be someone I am not. I am who I am, you can love me or not. But when I love you, I will do it with my whole heart, and I will make no apologies for the way I am.

I AM ME!!!

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## Soul

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**Remember that we are each a part of the BODY! How we treat OUR Body is relevant.**

What is the Soul? Greek and Latin philosophers and Bible Scholars have asked and answered this question many times. And the answer to this question varies considerably. It is challenging to define fully so I will give you my perspective. I will provide you with both the layman terms and the scriptural basis for this view from the Old and New Testaments.

Taken from Wikipedia In lay terms, the soul is the spiritual essence of a person, which includes our identity, personality, and memories that are believed to be able to survive our physical death. Merriam-Webster says the soul is the immaterial essence (non-physical) of an individual life. The spiritual principle embodied in human beings or the universe. Also, the core, heart, essence, or nature.

Religious or not, most people believe they have some form of a soul. Whether they loosely believe in a concept like "the human spirit" or believe part of them will live on when their body expires, man's soul includes his intellect, emotions, and will. The soul is the inner life in relation to your own experience encompassing the Mind, Heart, Will, and Imagination.

The word soul appears over 100 x's in the Bible. The soul is first mentioned in Genesis 2:7. Most Christians believe that the soul survives the death of the body. Genesis 35:18 describes the death of Rachel, Jacob's wife, saying she named her son "as her soul was departing."

The scriptures say the soul is the seat of emotions Psalm 10:3 and Matthew 26:38, it can be restored Psalm 23:3, it can be troubled John 12:27, it can be preserved I Thessalonians 5:23, it can be saved Hebrews 10:39, it is the constituents of man Matthew 6:25, the soul is of great value Mark 8:35, you

can't kill the soul Matthew 10:28, it can be lost Matthew 16:26 and Mark 8:26, and finally the soul lives on found in Matthew 10:28 and I Corinthians 15:54.

The body and soul function inter-dependently and together make up the human person. It is the seat of your memory, your feelings, your imagination, your convictions, your desires, and your affections. The body and soul are inseparable except in death, which means the soul is immortal. Both are equally important for human life and experience.

We have established that human beings are made up of mind, body, and soul. The Bible affirms a strong connection between physical, emotional, and spiritual health. It is written, "A cheerful heart is a good medicine, but a crushed spirit dries up the bones." Proverbs 17:22. This verse tells us that the conditions of our souls and spirits affect our physical health. We each make up the body of this organization and only those baptized into Christ make up the body of believers. We need to treat our bodies with respect. God creates our body, soul, and spirit for his glory. They are connected to each other in relation to our well-being. The scripture says that we are fearfully and wonderfully created by God in His own image. " Genesis 2:7 and. Psalm 139:4.

Live your authentic life that's true to your deeper natures and respectful of yourself and others, and realize there's a difference between fulfillment and success. Many successful people are outwardly doing well but inwardly dead (some indigenous traditions term soul loss as feeling dispirited, or a vague sense of pervasive emptiness), and those seemingly without trappings of success are the most fulfilled. Strive for meaning in your life. Psychiatrist and Holocaust survivor Viktor Frankl taught that meaning came from three sources: purposeful work, love, and courage in the face of difficulty. Pay attention to meaning in your life; it will guide and revive your soul.

**My question to you, is:** Am I this emotion, thought, personality, circumstances, physical sensation, or body?

**How To Feed Your Soul:** The Soul needs care like a garden needs proper care to grow can be found in Psalm 42. Caring for your soul includes building rhythms or routines, you must take time to be in silence or solitude (meditate), eat to live, get proper rest and sleep, and find purpose, meaning, and love. (Pour into you the word of God and positive words, be careful of what the eye, ears, and mouth take in)

**Face it:** The first of four steps to healing is to admit or acknowledge there's a problem, James 5:16

**Know It:** Learn about the problem, James 8:31-32 The truth will set you free.

**Deal with it:** It will take some work and time, Isaiah 53:5

**Share It:** Share your experience with others, be it a friend, minister, counselor, psychiatrist, or family member

**ADDITIONAL SCRIPTURE BELOW:**

# I am . . .

1. **A child of God** (*Romans 8:16*)
2. **Redeemed from the hand of the enemy** (*Psalms 107:2*)
3. **Forgiven** (*Colossians 1:13, 14*)
4. **Saved by Grace through Faith** (*Ephesians 2:8*)
5. **Justified** (*Romans 5:1*)
6. **Sanctified** (*I Corinthians 6:11*)
7. **A New Creature** (*II Corinthians 5:17*)
8. **Partaker of His Divine Nature** (*II Peter 1:4*)
9. **Redeemed from the Curse of the Law** (*Galatians 3:13*)
10. **Delivered from the powers of darkness** (*Colossians 1:13*)
11. **Led by the Spirit of God** (*Romans 8:14*)
12. **A Son of God** (*Romans 8:14*)
13. **Kept in safety wherever I go** (*Psalms 91:11*)
14. **Getting all my needs met by Jesus** (*Philippians 4:19*)
15. **Casting all my cares on Jesus** (*I Peter 5:7*)
16. **Strong in the Lord and in the Power of His Might** (*Ephesians 6:10*)
17. **Doing all things through Christ who strengthens me** (*Philippians 4:13*)
18. **An heir of God and a joint heir with Jesus** (*Romans 8:17*)
19. **Heir to the blessings of Abraham** (*Galatians 3:13, 14*)
20. **Observing and doing the Lord's commandments** (*Deuteronomy 28:12*)
21. **Blessed coming in and going out** (*Deuteronomy 28:6*)
22. **An inheritor of eternal life** (*I John 5:11 & 12*)
23. **Blessed with all spiritual blessings** (*Ephesian 1:3*)
24. **HEALED BY HIS STRIPES** (*I Peter 2:24*)
25. **Exercising my authority over the enemy** (*Luke 10:19*)
26. **Above only and not beneath** (*Deuteronomy 28:13*)
27. **More than a conqueror** (*Romans 8:37*)
28. **Establishing God's Word here on earth** (*Matthew 16:19*)
29. **An overcomer by the Blood of the Lamb and Word of my Testimony** (*Rev. 12:11*)
30. **Daily overcoming the devil** (*I John 4:4*)
31. **Not moved by what I see** (*II Corinthians 4:18*)
32. **Walking by faith and not by sight** (*II Corinthians 5:7*)
33. **Casting down vain imaginations** (*II Corinthians 10:4 & 5*)
34. **Bringing every thought into captivity** (*II Corinthians 10:5*)
35. **Being transformed by a renewed mind** (*Romans 12:1 & 2*)
36. **A laborer together with God** (*I Corinthians 3:9*)
37. **The righteousness of God in Christ** (*II Corinthians 5:21*)
38. **An imitator of Jesus** (*Ephesians 5:1*)
39. **The Light of the World** (*Matthew 5:14*)